

REHABILITATION GUIDELINES FOR POSTERIOR TIBIAL TENDON REPAIR: (FLEXOR DIGITORUM LONGUS TENDON TRANSFER WITH CALCANEAL OSTEOTOMY)

PHASE I (0-6 WEEKS POST-OP)

DATES:

Appointments	MD appointment at (10-14 days post-op) Begin physical therapy (4 weeks post op 1-2x week)
Rehabilitation Goals	- Protect Repair - Pain and Swelling control
Precautions	- NWB x 4 weeks in cast, 2 weeks in boot - No eversion AROM x 6 weeks, all other planes allowed
Suggested Therapeutic Exercises	- Seated open chain foot intrinsic ex's - Toe ROM - Ankle ROM avoiding active eversion - Ankle isometrics
Cardiovascular Exercises	UBE
Progression Criteria	Pain and Edema control

PHASE II (6-8 WEEKS POST-OP)

DATES:

Appointments	Continue physical therapy (2x week)
Rehabilitation Goals	- WBAT in CAM boot - Full ankle ROM all planes
Precautions	- PWB progressing to WBAT in CAM boot x 8 weeks - No resistance to eversion x 8 weeks

Suggested Therapeutic Exercises	• Standing gastroc/soleus stretch • Standing calf raises • 3-way ankle resistance avoiding resistance to eversion x 8 weeks • Foot intrinsic strength in weight bearing • Bilateral balance and proprioception activities
Cardiovascular Exercises	• Stationary Bike • Aquatic walking
Progression Criteria	• Normal gait pattern • Pain free AROM

PHASE III (8-12 WEEKS POST-OP)

DATES:

Appointments	Continue physical therapy (2x week)
Rehabilitation Goals	• Normalize gait pattern • Return to functional movements patterns • Single leg strength and mechanics
Precautions	• Discontinue CAM boot with normal gait pattern in supportive shoes • No running x 4-6 months
Suggested Therapeutic Exercises	• Initiate eversion strength with bands • Start single leg balance and proprioception • Bilateral eccentric strength of LE's • Squats, lunges, step up/down
Cardiovascular Exercises	• Bike • Swimming • Walking/Hiking
Progression Criteria	• Pain free weight bearing ROM for functional activities • Normal gait pattern

PHASE IV (12-18 WEEKS POST-OP)

DATES:

Appointments	Continue physical therapy (1-2 weeks, <i>PRN</i>)
Rehabilitation Goals	• Normal involved LE eccentric control for functional activities • Agility and control with lateral motions and initiating cutting motions
Precautions	• Pass Return to Sport Test prior to cutting sports
Suggested Therapeutic Exercises	• Single calf raises • Single eccentric LE strength and mechanics • Agility training
Cardiovascular Exercises	• Slow return to running (4-6 months)
Progression Criteria	• Pass Return to Sport test prior to sports

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